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OLYMPIC WEIGHTLIFTING , EXERCISES,SETS ,DRILLS,& INSTRUCTIONS ON HOW TO DO. THEM

Here's a structured guide to Olympic weightlifting exercises, sets, drills, and techniques:

Core Olympic Lifts

1. Snatch

- **Execution**:
  1. Start with feet hip-width, grip wide (bar near hip crease when standing).
  2. Pull bar vertically while extending hips/knees explosively ("triple extension").
  3. Drop under bar into overhead squat position, locking arms.
  4. Stand fully with bar stabilized overhead[1] [2].
- **Sets**: 5-6 sets of 2-3 reps (technique focus) or 3-5 reps (hypertrophy)[3] [4].

2. Clean & Jerk

- **Clean Phase**:
  1. Grip slightly wider than shoulders, pull bar to shoulders in one motion.
  2. Catch in front squat position[5] [2].
- **Jerk Phase**:
  1. Dip slightly with knees, then drive bar overhead.
  2. Split legs (front/back) or squat under bar[5] [2].
- **Sets**: 5-6 sets of 1-3 reps (strength) or 3-5 reps (technique)[3] [4].

Key Assistance Exercises

- **Front Squat**: 5×4-6 reps (build clean catch strength)[5] [3].
- **Overhead Squat**: 4×4-6 reps (snatch stability)[6].
- **Power Clean**: 4×4 reps (explosive pull practice)[5] [4].
- **Snatch/Clean Deadlifts**: 5×3-5 reps (position-specific strength)[3].

Essential Drills & Variations

Block Work

- **Snatch from Blocks** (above/below knee): 4×3 reps (improves bar path)[3].
- **Clean Deadlift with Pause** (at knee): 4×3 reps (position reinforcement)[3].

Plyometrics

- **Box Jumps**: 4×5 reps (explosiveness)[7].
- **Med Ball Tosses**: 3×8 reps (triple extension simulation)[7].

Technique Drills

- **Empty Bar Muscle Snatch**: 3×8 reps (arm path refinement)[8].
- **Jerk Dip Practice**: 4×5 reps (drive mechanics)[3].

Programming Guidelines

- **Warm-up**: Dynamic stretches + 10-15 min PVC pipe drills[1].
- **Frequency**: 3-4x weekly (separate or combine with strength work)[4].
- **Load Progression**: Start with 50-60% 1RM for technique work[3].

Critical Form Cues

1. **First Pull**: Keep bar close, shoulders over bar[2].
2. **Transition**: Accelerate after passing knees ("second pull")[3].
3. **Catch**: Actively pull under bar vs. jumping excessively[8].
4. **Overhead Stability**: Lock shoulders/arms before standing[1].

Sample Split
Day 1: Snatch + Overhead Squat + Pull-ups
Day 2: Clean & Jerk + Front Squat + RDLs
Day 3: Block Work + Accessories (Sots Press, Strict Press)[4] [6].

Use weightlifting straps for pulling variations and knee sleeves for squatting movements to protect joints during heavy sessions[3]. Always prioritize technique over load – film lifts regularly for form checks[8] [1].[1]: 14 Essential Form Tips[3]: 344 Exercise Variations[2]: Clean & Jerk Breakdown[4]: Programming Example[6]: Assistance Work

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1. https://ocrendurancefactory.com/perfecting-your-olympic-weightlifting-form/
2. https://www.masterclass.com/articles/olympic-lifts-guide
3. https://chineseweightlifting.com/olympic-weightlifting-training-exercises/
4. https://www.strongfirst.com/community/threads/olympic-weightlifting-with-my-routine.15547/
5. https://www.smai.com.au/blogs/news/6-power-lifting-movements
6. https://www.trainheroic.com/blog/68-assistance-exercises-for-olympic-weightlifting/
7. https://www.crossfitinvictus.com/blog/olympic-lifting-accessory-work/
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